

Do you know about some of our free services here at the center?

Senior Adult Legal Assistance:

Available on the 2nd Wednesday of every other month and the 3rd Thursday of every other month by appointment only (next appointments, April 8, May 21, June 10, & July 16); 1:00 - 3:30 pm. NOTE: SALA is now coming to us every month! (Legal counsel in Spanish available on the 3rd Thursday.)



Health Insurance Counseling:

Available on the 4th Friday of the month by appointment only (next appointment, April 23 & May 22); 9 am-noon.



Dementia Caregiver Support Group:

Available on the 1st Friday of each month at 2 pm. and the 1st Tuesday of each month at 6:00 pm; next meetings are April 3 & April 7. Facilitated by Tiffany Mikles, Dementia Care Coach.

Blood Pressure Screening:

Available on the 3rd Friday of each month from 9am-11am; next screenings are April 17 and May 15. Facilitated by Donna Bell of Catholic Charities Daybreak Respite Program.



Blood Glucose & Cholesterol Screening:

Available on the 3rd Thursday of the following months from 10 am-noon.; next screenings are April 16 and May21. Facilitated by Sister Rachaela of St. Louise Hospital.

Information and Referral: The Senior Center provides information and referral regarding services and assistance to Seniors in the South County. Please call the center at 782-1284 between 8 am and 3 pm.



Want to try something fun and stay fit?

Try Chair Tai Chi OR Tai Chi for Wellness:

Chair Tai Chi is held every Wednesday at 10 am—noon.

Tai Chi for Wellness is held every Wednesday at 6:30 - 8:00 pm, at the Community and Cultural Center in the Mira Monte Room. Emphasis is placed on movements which the students can perform on their own on a daily basis for improved health and well-being. Both classes are FREE!

TRAVEL, TRAVEL, AND MORE TRAVEL!

Come to the Senior Lobby front desk for information regarding these exciting travel opportunities!



Upcoming trips: The Canadian Rockies, August 22-29, 2009
New E ngland Back Roads, October 1-8, 2009
Tuscany, Italy, November 3-12, 2009

Home Sweet Home, How to Stay there....

Listen to our speaker, Tom Binder on April 7 at 11:15 am in the Senior Café. Most of us would like to stay in our own homes as we age. Tom will give us some great tips to help us “age in place”.



“Swing Around the World”, May 1, 5 pm - 9 pm

An elegant evening of dinner and dancing especially for you! Hosted by the Youth Advisory Committee (YAC). Held at the Community and Cultural Center in the Hiram Morgan Hill Room. For more information, contact: Chiquy Meija, 782-2128 x 830 or the Senior Center.



April Birthdays

Let’s celebrate birthdays this month on Friday, April 17 at 11 am in the Senior Café

Marie Camuffo
Mary DeMaria
Janet Ellis
Mary Falbo
Betty Gardner
Kathy Grant
Linda Harrelson
Harold Hayek
Jann Hsiung

Irwin Keeson
Mary Lou Kravich
Linda Loftesness
Charles Lynn
Anita Mason
Marian Scorsur
Lillian Segar
Iam Turuggi
Gabriel Vega



Love the art adorning our center walls?

The current exhibit is brought to you by the very talented students of local artist and teacher, Sheri Chakamian.



Lucky travelers are going to Table Mountain Casino on Tuesday, April 28!

Price: \$19 per person

Please reserve space by April 16.

Depart at 7:30 am from 850 W. Middle Ave. in Morgan Hill. Additional pick up will follow at 7:45 am from the Centennial Recreation Center.

Arrive at for a 4-hour stay; depart approximately 2:30 pm for return trip.

FOR MORE INFORMATION CONTACT:
PHYLLIS DEVINE - 408 779-4262

Payment in full by 4/16/09

Double Lucky 7 Adventures are going to Thunder Valley Casino Tuesday, April 21st!

Price: \$25 per person (Bonuses are announced at the Casino)

Depart at 7:00 am from 17666 Crest Avenue in Morgan Hill. Reservations and payment are required.

Send to: Loreal Lewis
9900 Guibal Avenue
Gilroy, CA. 95020

Information: 408 461-0729



Announcing our Spring Fling Celebration!

Come and celebrate Spring with an Ice Cream Social (\$2 per person) Friday, April 10, at 12:30 pm

Kudos to LilyAnn Meyer for collecting over 1000 signatures to help save our nutrition program! Great job, LilyAnn for going the extra mile to support our Senior Center!



LET’S DANCE!

Come to our Friday Night Ballroom Dance Party!

Starting June 5 and continuing for the first Friday of each month!

Dance to the sounds of big band music!

June 5 from 7:00-10:00 pm

Dance lessons 6:30-7:30 pm

DJ Geri Foley will be spinning those old familiar tunes for burning up the dance floor!



Ever want to swing a golf club like Tiger Woods?

Sign up for our next set of Golf Lessons with Scott Krause at Eagle Ridge Golf Course. Next 4 week session begins on April 18.

Vial of Life



This program allows individuals to provide medical information in advance that can be used by emergency personnel. A vial, labeled with a “Vial of Life” sticker, contains a medical form listing the health status of the person and current medications being taken. The vial is placed in the refrigerator and a sticker is placed on the outside of the refrigerator door so that responding emergency personnel will know to look for the vial. Free “Vial of Life” kits available at the front desk of the Senior Center.

Announcing our Wii Bowling Tournament!

Come and watch or participate in our first annual Tournament! Bowling balls will roll and pins will fall and trophies will be awarded! Don’t miss out on the fun!

Wednesday: April 29 at 11 am



Health and Wellness Fair at the CRC

April 25th 10am-2pm

Learn about the many services and programs offered by our community to keep you fit, healthy, independent and safe.

In addition to the many other exhibits, this year’s fair will also focus on caregivers and the needs of our aging community.

Outreach Transportation: Outreach will provide seniors, who are unable to use public transportation, with rides to their required destination. Transportation to the Senior Café is provided at no cost. Applications at the Senior Center Desk. 782-1284.